



Curried Chicken Salad Spread

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



217 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 2 rib celery diced
- 0.5 cup coconut or flaked toasted
- 4 cups meat from a rotisserie chicken cooked finely chopped
- 24 ounce cream cheese softened
- 1 tablespoon curry powder
- 1 tablespoon ginger freshly grated
- 0.8 cup golden raisins chopped
- 1 sprigs garnishes: green onion stems mixed fresh minced flaked toasted

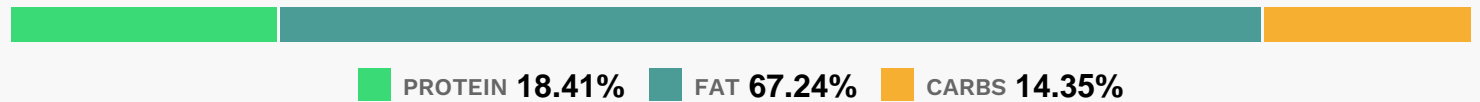
- 6 green onions minced
- 0.5 teaspoon pepper
- 0.5 teaspoon salt
- 2.3 ounce slivered almonds toasted

Equipment

Directions

- Stir together first 11 ingredients. Form into an egg shape. Chill 8 hours, and garnish, if desired.
- Serve with crackers.
- * Reduced-fat cream cheese may be substituted for regular cream cheese.

Nutrition Facts



Properties

Glycemic Index:12.08, Glycemic Load:2.95, Inflammation Score:-4, Nutrition Score:6.3073912392492%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 217.48kcal (10.87%), Fat: 16.6g (25.54%), Saturated Fat: 8.73g (54.58%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 6.78g (2.47%), Sugar: 4.91g (5.45%), Cholesterol: 55.36mg (18.45%), Sodium: 188.39mg (8.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.23g (20.46%), Selenium: 10.46µg (14.94%), Vitamin B3: 2.46mg (12.32%), Phosphorus: 118.96mg (11.9%), Vitamin A: 513.95IU (10.28%), Vitamin B2: 0.17mg (10.16%), Vitamin K: 10.02µg (9.54%), Manganese: 0.18mg (9.17%), Vitamin B6: 0.17mg (8.45%), Vitamin E: 1.22mg (8.1%), Magnesium: 23.22mg (5.8%), Potassium: 203.12mg (5.8%), Calcium: 53.18mg (5.32%), Zinc: 0.79mg (5.24%), Vitamin B5: 0.51mg (5.1%), Copper: 0.1mg (4.95%), Fiber: 1.19g (4.77%), Iron: 0.82mg (4.56%), Vitamin B12: 0.16µg (2.6%), Vitamin B1:

0.04mg (2.44%), Folate: 9.45µg (2.36%), Vitamin C: 1.05mg (1.27%)